

When you are ill or injured KNOW WHO TO TURN TO...

Because of COVID -19 (coronavirus) getting help for a health concern is different. If you need help, remember your NHS is open and is there for you.

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|  <p>NHS Inform</p> | <ul style="list-style-type: none"> • Latest information and guidance about coronavirus. • Advice about illnesses and conditions, including symptom checkers. • Find local services and opening times. <p>For further information visit www.nhsinform.scot</p> |
|  <p>PHARMACY</p> | <p>With social distancing measures in place your pharmacy team will:</p> <ul style="list-style-type: none"> • Dispense your prescription. • Help if you run out of your regular repeat prescription. • Advise on medicines and advise, assess and provide treatment for a range of minor ailments on the NHS. • Provide services including emergency hormonal contraception and treatment for mild UTI symptoms in women aged 16 – 64. |
|  <p>GP</p> | <p>When you have an illness or injury that just won't go away, or you are worried about your health, call your GP Practice. Due to COVID, they don't want you to walk in, but will arrange the best way to understand what you need. Initial appointments are very likely to be a phone call or video call.</p> |
|  <p>MENTAL HEALTH</p> | <p>When you need help with your psychological wellbeing or mental health visit www.covid19.nhsgrampian.org/mental-health-support/ You will find a range of online support and an online referral form to access professional support if required. If you have difficulty accessing the service online, please call 01224 550200 (line is open 8am to 5pm, Monday to Friday). You can also call the NHS24 Helpline on 111 or Breathing Space on 0800 83 85 87.</p> |
|  <p>DENTIST</p> | <p>Routine dental care is not available at this time. If you have an URGENT dental need, within normal working hours, you should still contact your dental practice, who will provide telephone assessment, advice, prescription (if necessary) and reassurance. If you are not registered with a dental practice, contact the Dental Information & Advice Line (DIAL) on 0345 45 65 990. Outside normal working hours, please contact NHS 24 on 111.</p> |
|  <p>OPTICIAN</p> | <p>For emergency eye care, (including sudden loss of vision, painful or red eyes or sudden flashes and floaters) please telephone your own Optometrist/Optician who will give you advice and if absolutely needed, arrange for you to be seen in an Emergency Eyecare Treatment Centre. Please note, all Optometry practices are currently closed but continue to monitor phone lines.</p> |
|  <p>SEXUAL HEALTH</p> | <p>Sexual Health Services remain open for: Emergency and routine contraception, STI/BBV testing and treatment and HIV Pre- and Post-Exposure Prophylaxis in addition to abortion and HIV care. No walk-in patients. Please call 0345 337 9900 for an appointment. Condoms are available by post please contact free.condoms@nhs.net</p> |
|  <p>NHS 24</p> | <p>General information about coronavirus when you are well 0800 028 2816. Advice about coronavirus symptoms – NHS 24's 111 service has dedicated COVID-19 support. Other health concerns – consult GP during the day but when your GP and pharmacy are closed and you are too ill to wait call NHS 24 on 111.</p> |
|  <p>EMERGENCY DEPARTMENT OR 999</p> | <p>The Emergency Department is for:</p> <ul style="list-style-type: none"> • Severe injury. • Breathing difficulties. • Severe bleeding. • Suspected heart attack or stroke. |

If you're not sure where to go or who to see visit
www.NHSinform.scot